



The

12th Edition

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Friday, January 16, 2004

News Brief

Monthly ceremony

Twelfth Air Force's monthly awards and promotion ceremony is 2 p.m. Jan. 30 in the Battle Staff Conference Room, Bldg. 12.

Honorees need to be in place by 1:30 p.m. For more information, call 12 AF/PA at 8-6053.

BRAC process begins

By K.L. Vantran

American Forces Press Service

WASHINGTON — Base commanders in the United States and its territories and possessions have been asked to gather data on their installations in preparation for the 2005 round of base realignments and closures.

The fiscal 2002 National Defense Authorization Act authorized the DOD to pursue one BRAC round in 2005. The department will use BRAC to eliminate unnecessary infrastructure and to increase military capability and effectiveness.

Formal data calls ensure DOD collects and uses the most current data on installations throughout the BRAC analysis. This data call is one of many steps in the BRAC process. Others will be added as needed.

Since each installation will take part in these data calls, it does not mean the DOD is considering that particular installation for closure or realignment. Questions and data associated with the questions will be available to the public once the Defense Base Closure and Realignment Commission receives them.

DOD published draft selection criteria in the Dec. 23 Federal Register for public comment. Comments are due by Jan. 28. The list of BRAC recommendations will be submitted to the independent BRAC commission by May 16, 2005.

If approached by reporters, military members, DOD civilians and contractors should direct the reporters to 12 AF/PA at 8-6053.

Leaders take first official PT test

By SSgt. C. Todd Lopez

Air Force Print News

WASHINGTON — The Air Force's most senior leaders, both officer and enlisted, completed their fitness evaluations Jan. 7 at the Bolling Air Force Base Wellness Center.

The group was among the first in the Air Force to have their physical fitness evaluated using the service's new fitness standard. Under the standard, fitness evaluations now include body composition, strength and aerobic fitness measurements.

Nearly 60 Air Force general officers, led by Air Force Chief of Staff Gen. John P. Jumper, were evaluated. The chief master sergeants were evaluated later in the afternoon. While it is unusual for so many senior leaders to be together at once for a fitness evaluation, General Jumper said the gathering served a purpose.

"We want everybody to know that when I say commanders are responsible for fitness, it starts at the top," said the general. "We have gotten all the Air Force leadership in the Washington area out at one time. Hopefully this demonstrates



MSgt. Jim Varhegyi

Air Force Chief of Staff Gen. John P. Jumper finishes the 1.5-mile run for his fitness evaluation Jan. 7.

that leading from the top really means leading from the top."

General Jumper said he expects com-

manders around the service to follow his example and to participate in leading their airmen toward a more fit force.

"I expect squadron commanders to be out in front of their squadrons, group commanders to be out in front of their groups, and wing commanders to be out in front of their wings as we go through this test cycle," General Jumper said. "I expect the whole Air Force to test and I expect that we all are going to pass."

The evaluations also represented the culmination of more than a year's worth of work in developing a new fitness standard for the Air Force. The service had been using the same gauge of fitness — the cycle ergometry test — for more than a decade. The new evaluation is more fitting of the demands put on airmen in today's expeditionary climate, General Jumper said.

"We are all over the world and in all sorts of climates," General Jumper said. "If you talk to the combat controllers, who during Operation Enduring Freedom were up at the top of 14,000-foot mountains

See FITNESS, Pg. 2

New year begins new fitness standards

Program score four areas: crunches, push-ups, run, abdominal circumference

WASHINGTON — The new Air Force fitness standards became effective with the new year.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It's time to change that," said Air Force Chief of Staff Gen. John P. Jumper in a Sight Picture released in July 2003, explaining the rationale behind the change.

Officials said the fitness score will include four components: crunches, push-ups, an abdominal circumference measurement and the 1.5-mile timed run. People who are not medically cleared to run will continue to take the bike test. The component scores are then added to get a composite fitness score and determine if the person falls into the excellent, good, marginal or poor category.

Fitness categories will determine how often a person must retest. For instance, a composite score of 70 to 74.9 places the person in the marginally fit category. This designation requires retesting at six-month intervals. A score of less than 70 places a person in the poorly fit category. That score requires a retest every three months. People at the marginal and poor levels also will participate in educational programs.

Air Force leaders encourage commanders to recognize people who attain an excellent fitness level or make substantial improvement.

"The focus of the new fitness program is not the assessment. The program is about integrating fitness into our culture, and our members adopting fitness as a way of life," said Maj. Lisa Schmidt, the Air Force Surgeon General chief of health promotion operations.

The Air Force has established an e-mail account for comments at fitness.program@pentagon.af.mil. Officials emphasized that the Air Force fitness program will be reviewed annually for continuous improvement.

The new Air Force fitness charts are available online at www.af.mil/news/USAF_Fitness_Charts.pdf.

SOUTHAF holiday helpers



(Left photo) CMSgt. Dennis Desilet, 612th Air Base Squadron first sergeant, Soto Cano Air Base, Honduras, helps distribute candy and personal hygiene items such as soap, toothbrushes, toothpaste, and shampoo, during a holiday visit to a local orphanage. About 40 children attended the party.

(Right photo) Children and parents at the Children's Hospital in Manta, Ecuador, pose for a photo during the Holiday Christmas Party sponsored by the enlisted members from Forward Operating Location Manta, Ecuador. The enlisted members provided gifts for the children and manpower the day of the event to set up, prepare gifts by age and gender and serve the lunch. Approximately 70 children and their parents attended.



Courtesy photos



The 12th Edition

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SALUTE!

Congratulations to 12th AF warriors who recently were – or soon will be – promoted to the rank indicated and those who were recently awarded medals recognizing their accomplishments

Promotees

Airman

Luis Ramirez



Senior Airman

Cody Donovan
Jeffrey Fountain
Brandon Proctor

Staff Sgt

Dallas Rockwell

Master Sgt

Timothy St. Clair

First Lieutenant

Amanda Finch



Major

Gregory Foley

Quarterly Award Winners

CGO

Capt. Raymond McLeod

SNCO

MSgt. Ken Gause

NCO

SSgt. Richard Landsverk

AMN

SrA Frank Gutierrez

Senior Civilian

Tyrone Barbery

Junior Civilian

Ruby Johnson

Medal Recipients

Legion of Merit

Col. Mike Newell

12 AF Outstanding Communications-Information Managers (3A) and Postal Service (3M)

Airman Category	SrA Alfonso Carson
NCO Category	SSgt. Phelipe Salinas
SNCO Category	MSgt. Dawn Cooper
Postal NCO Category	SSgt. Rendon Hughes

Maj Gen Paul R. Stoney Award for the 12 AF Outstanding Small C&I Unit (AF C&I Lt Gen Harold W. Grant Award)

612th Air Communications Squadron

12 AF Outstanding Communications-Electronics Systems (2E) and Communications-Computer Systems (3C)

Airman (2E) Category	SrA Gary Harrison
NCO (2E) Category	TSgt. Lennox Forde
Airman (3C) Category	A1C Vincent Worland
NCO (3C) Category	TSgt. Scott Clark
SNCO(3C) Category	MSgt. James Russ

12 AF Outstanding Communications-Computer Systems CGO (33S)

Capt. Celeste Rodriguez

FITNESS

Continued from Page 1

with 100 pounds of gear, it becomes quite evident we need to be fit – fit to fight is the term we use.”

Actually becoming fit to fight, and maintaining that fitness, is a similar process regardless of where an airman is stationed in the world, said Chief Master Sgt. of the Air Force Gerald Murray before leading nearly 40 chiefs through warm-up exercises before their evaluation.

“Our efforts to develop a holistic approach to fitness – that includes aerobics, body composition and strength – has given us something that can be maintained anywhere we are,” Chief Murray said. “It is nice to have great gymnasiums and facilities and equipment, but we don’t need those to maintain our fitness. You can maintain fitness at deployed locations or at home.”

Chief Murray also said he is impressed with the fitness efforts already under way at Air Force installations around the force.

“I am extremely pleased with what is coming together here and with our Air Force, as we see the culture is already being changed,” Chief Murray said. “Wings are already out running together. That momentum will be important to us through this year as we evaluate the new standards, the way people approach them and the programs that are being developed to help us meet them.”

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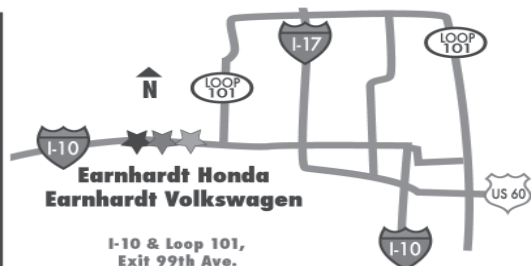


'04 TOUAREG



'03 EUROVAN

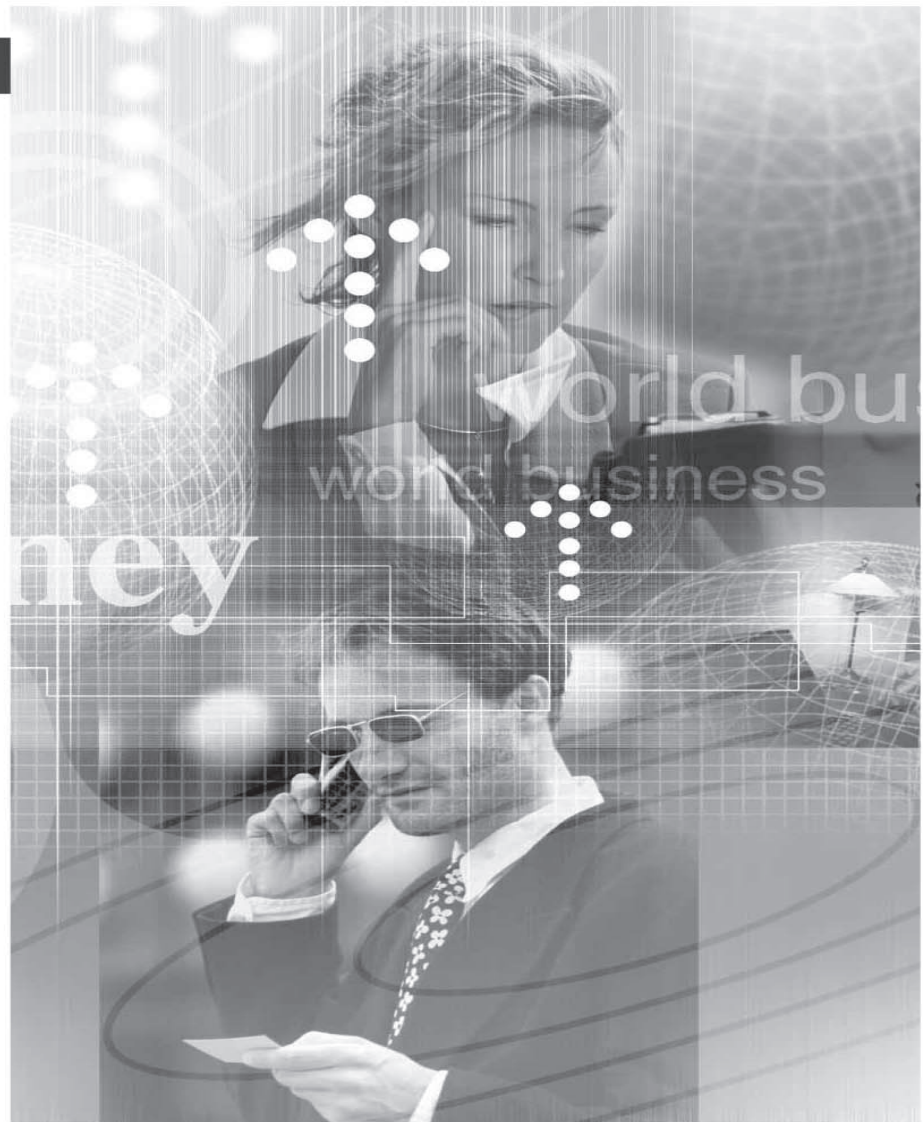
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